



**502nd
 Air Base Wing
 Activation
 Ceremony**
 April 26
 at 9 a.m.
 at MacArthur
 Parade Field



Photos by Steve Elliott

Community and military leaders "dig in" to commemorate the groundbreaking for the new Installation Management Command headquarters.

IMCOM breaks ground on new home at FSH

By Steve Elliott
 FSH Public Affairs

Military City USA gained a new neighbor April 19 as military and community leaders gathered at Fort Sam Houston for a groundbreaking ceremony for the U.S. Army Installation Management Command's new headquarters.

The project, costing \$26.4 million, will also be home for the Family and Morale, Welfare and Recreation Command and U.S. Army Environmental Command. As mandated by the Base Realignment and Closure Act, IMCOM HQ is relocating from



Lt. Gen. Rick Lynch, commanding general of IMCOM and assistant chief of staff for Installation Management, addresses the audience during the ceremony.

See **IMCOM P18**

MILITARY SALUTES FIESTA



Photo by Sgt. Keith Anderson

Members of the Fife and Drum Corps perform at the Fort Sam Houston Fiesta & Fireworks Extravaganza at MacArthur Pavilion April 18. The corps is the only unit of its kind in any of the Armed Forces. The black tricorn hats, white wigs, vests, overalls, and red greatcoats are typical of those worn by musicians in Gen. George Washington's Army. *See pages 14 and 15 for more photos.*



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Transforming enlisted medical education and training for the 21st Century

By Chief Mass

Communication

Specialist L.A. Shively

Navy Office of Community

Outreach

On schedule to begin classes in June, the Medical Education and Training Campus at Fort Sam Houston will be the largest consolidation of service training in Department of Defense history, said Navy Rear Adm. William R. Kiser during an April 16 tour of the facility during San Antonio Navy Week.

Currently, the commander of the Naval Medicine Center, Portsmouth Va., Kiser will be the inaugural commanding officer for METC.

Training commences with the consolidated Radiography Specialist course and more than 30 academic programs available for the Navy, Army and Air Force enlisted medical personnel, with more planned for the future.

"At the end of the day, every course that the military has with a medical education component will be offered through the METC program," Kiser said. "That number is in the hundreds."

The 7.9 million-square-foot campus will be the world's principal military medical education and training institution when fully operational in 2011, according to Col. Larry Hanson, the first dean of METC.

"The active daily stu-

dent load will be about 7,800 and we'll have about 24,500 people graduating from courses annually," Hanson said. "We'll have staff and faculty of close to 1,400 people."

Students will begin with joint service consolidated courses, and then break out into service-specific courses.

"An Army guy doesn't need to know how to fight a fire on a ship," Hanson said. "The Navy and Air Force folks don't need to know how to pitch that [General Purpose] Medium [tent]."

"Will we make generic

corpsman? No," Kiser said.

"We're not building avatars for all of the services, we're building joint operability," said Air Force Command Chief Master Sgt. Kevin Lambing, METC senior enlisted advisor and aerospace medical technician.

The benefits of consolidated training enhance tri-service interoperability and joint deployment opportunities, while cutting redundant curricula, streamlining system capacity and reducing infrastructure, as mandated by the 2005 Base

Realignment and Closure Act, Kiser explained.

Once on campus, students, faculty, staff will have access to a state-of-the-art "Cybrary" or online library on the METC Intranet. The Cybrary offers self-paced online courses, ebooks, research material, podcasts, recorded video lectures, discussion boards and a search capability.

The facility is outfitted with computer rooms

specifically for homework, research and Cybrary use. Students will also have access to furnished day rooms with flat-screen televisions for lounging.

Living areas in the facility were built using a modular design. Units were manufactured in Belton, shipped to Fort Sam Houston, staged at the site, and then lifted

See KISER P7

Thought of the Week

Toughness and perseverance require a willingness to work hard even when times are difficult. They also help encourage others to work just as hard as you do.

— Randy Dunton

(Source: Bits & Pieces, February)

Weekly Weather Watch

	April 22	April 23	April 24	April 25	April 26	April 27
San Antonio	77° Chance of T-storms	85° Mostly Cloudy	81° Clear	85° Clear	83° Clear	81° Partly Cloudy
Kabul Afghanistan	69° Chance of Rain	75° Clear	77° Clear	80° Clear	78° Chance of Rain	78° Chance of Rain
Baghdad Iraq	86° Chance of Rain	84° Partly Cloudy	89° Clear	91° Clear	89° Partly Cloudy	86° Partly Cloudy

(Source: Weather Underground at www.wunderground.com)

News Briefs

502nd Air Base Wing Activation Ceremony

The 502nd ABW activation ceremony will be held April 26 at 9 a.m. at MacArthur Parade Field.

AMEDDC&S Change of Command

The U.S. Army Medical Department Center & School will hold a change of Command and retirement ceremony for Maj. Gen. Russell Czerw April 30 at 8 a.m. at MacArthur Parade Field. The incoming commander is Maj. Gen. David Rubenstein.

DPW Emergency Service

The new telephone number for Department of Public Works emergency service orders after duty hours has changed to 364-2369 until further notice.

Training Support Company Change of Responsibility

The Training Support Company will hold a change of responsibility ceremony May 7 at 1:30 p.m. at their area of operations at Camp Bullis. First Sgt. Rosalba Chambers will relinquish responsibility to Sgt. 1st Class Dietrek Louis. Call 295-7724.

Sergeant Audie Murphy Club Induction Ceremony

The Army Medical Department Center and School Command Sergeant Major will host a Sergeant Audie Murphy Club Induction ceremony May 4 at 3 p.m. at Blesse Auditorium. Inductees are Staff Sgts. Patrick Anderson, Brooke Army Medical Center and Kevin Conner, AMEDD Noncommissioned Officers Academy.

Basic Motorcycle Rider Course

A basic motorcycle rider course is available, at no charge, to service members who would like to learn how to ride. Visit the Installation Army Traffic Safety Training Program website at <https://airs.lmi.org> (Region=West; Garrison=Fort Sam Houston; Courses=(applicable course)) or call 221-3846.

NEW FOYER UNVEILED AT WILLIS HALL

Maj. Gen. Russell Czerw, commander, Army Medical Department Center & School and Fort Sam Houston, and members of the AMEDD staff unveil the new crest in the foyer of Willis Hall at the AMEDDC&S, April 16. "Over the past four years I have had this idea of coming into [the AMEDDC&S] to make it a place of higher education and learning ... something we are all proud of. We are getting there with the help of many people. I appreciate all your support," Czerw said.

Command Sgt. Maj. Howard Riles and Maj. Gen. Russell Czerw, commander, Army Medical Department Center & School and Fort Sam Houston, lay the corner tile into the new mosaic crest that adorns the foyer in front of Bless Auditorium in Willis Hall at the AMEDDC&S, April 16. Renovations will include new floors throughout the building, upgrading rest rooms and new signage and graphics. Blesse Auditorium has also been updated.

Photos by Lori Newman



NCO Academy under new leadership as commandant retires

By Lori Newman
FSH Public Affairs

With the passing of the colors, the leadership of the Noncommissioned Officers Academy changed hands April 16 during a ceremony at Blesse Auditorium.

Command Sgt. Maj. Stephen Paskos retired after 23 years of military service and deputy commandant Sgt. Maj. Karen Archondidis stepped up to take charge of the NCO Academy in the interim. A permanent replacement will be named later this year.

"Our Noncommissioned Officers Academy is the Harvard or Yale of our enlisted ranks," said Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center & School. "This is where our noncommissioned officers hone their fundamentals of leading, mentoring and nurturing; setting the example and devel-

oping their technical expertise."

"We enforce our ethos by bringing our warriors to academies such as ours, to an institution that is responsible for growing our future leaders to shoulder the enormous responsibility of leading our Army," Czerw said. "In order to do this, it takes a special person; a person who is committed to the Army and dedicated to our nation. For the past three years, we have been so fortunate to have a wonderful leader — that leader is Command Sgt. Maj. Stephen Paskos."

Czerw thanked Paskos for his commitment and leadership, and for his contributions to the AMEDD and the Army.

"I look forward, as we start our retirement together," Czerw said. "We came in [the Army] together and I guess we are going to leave together."

"I have had a truly enchanted military career," Paskos said, as he thanked his family for their

support, and recognized and thanked his commanders, the NCOs, Soldiers and civilians from the academy. "Serving as the commandant at the AMEDDC&S NCO Academy has been the highlight of my career. I can't think of a better assignment to culminate my career."

Paskos ended his remarks saying, "Train to Lead – Lead the Way," and received a standing ovation from the audience.

"It is truly and great day to be

a noncommissioned officer," Archondidis said. "I am truly grateful for this opportunity to influence, shape and to mentor our future leaders."

Archondidis said to Paskos, "What a tremendous job you have done. Your accomplishments are too numerous to even count, I appreciate the mentorship you have given me and I will do my very best to carry on that legacy."



Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center & School presents Command Sgt. Maj. Stephen Paskos the Legion of Merit award during the NCO Academy change of responsibility ceremony April 16 at Blesse Auditorium. Paskos retired after 23 years of military service.

Photo by Lori Newman

Army's Yellow Ribbon Program assists Soldiers, Families

By Spec. Charlotte Martinez
345th Public Affairs
Detachment

For years, Army Reserve and National Guard Soldiers have deployed in support of different operations around the world.

Not only do they have to train hard to meet the demands of staying proficient in their military career, but they often have to leave their civilian life and Family behind for months at a time.

The Army created the Yellow Ribbon Program

in 2008 to assist Soldiers and their Family members in minimizing hardships caused by deployments. The program gives Soldiers and their Families a means to stay connected before, during and after a deployment.

According to the program's website at <http://www.yellowribbon.mil>, the Yellow Ribbon Program is a "reintegration program to provide National Guard and Reserve members and their Families with sufficient information, services, referral, and proactive outreach opportunities throughout

the entire deployment cycle."

The 328th Human Resources Company at Fort Sam Houston is one of many Army Reserve units preparing for an upcoming deployment.

The 328th HRC held their farewell ceremony at the James E. Rudder Reserve Center April 11 and many Soldiers had Family members with them during the battle assembly weekend as part of the Yellow Ribbon Program.

Spc. Dustin Martin, a member of the 328th HRC and resident of San Antonio, will be deploying

for the second time and says his parents are excited to take part in the Yellow Ribbon Program.

"The Yellow Ribbon program gives us insight into what our son is going through and what he will go through in theater," said Paul Martin, Specialist Martin's father. "The yellow ribbon events allow Soldiers and their Families to meet each other and feel reassured about the safety of their Soldiers and it also shows the Families how prepared the Soldier is and some of the vital

See 328TH P8



Photo by Spc. Christopher A. Hernandez

Pfc. Marie Munguia, a Soldier with the 328th Human Resources Company from Laredo, Texas, poses with her Family after the conclusion of the Battle Mind Ready seminar April 11 as part of the Army's Yellow Ribbon Program at the James E. Rudder Reserve Center.

328th Human Resource Company says farewells

By Pfc. Andrew Valles
4th Expeditionary Sustainment
Command Public Affairs

Members of the 328th Human Resource Company gathered with Family, friends and honored guests as part of a farewell ceremony at the James E. Rudder Reserve Center April 11.

The 328th, an Army Reserve unit based at Fort Sam Houston, deploys to Afghanistan later this year in support of Operation Enduring Freedom.

The 328th HRC was reformed in 2007 after a long and decorated history, and then transferred under the command of the 4th Expeditionary Sustainment Command in January 2009.

"Almost 200,000 reserve Soldiers have been deployed for Operation Iraqi Freedom and Operation Enduring

Freedom," Carroll said. "It will be one of the noblest things you will do in your life and you can say I helped change the world."

The 328th will deploy for approximately one year, said Col. Tracy A. Thompson, 300th Sustainment Brigade commander.



Members of the 328th Human Resource Company, along with Families and friends, attend a farewell ceremony held at the James E. Rudder Reserve Center April 11. The 328th will be deploying in support of Operation Enduring Freedom later this year.

"Although a year is a long time, it will be a gift the Soldiers are earning toward their legacy, something that will last a lifetime," Thompson said.

Lt. Col. Kirk Williams, the 300th's executive officer, asked the Soldiers to "think about the impact you are having on this country. You are part of it

and are making history."

Williams said the 328th will have no shortage of support during their deployment. He

summed up the situation in a quote his daughter found on the Internet from an unknown source.

"Remember, the task ahead of you is not nearly as great as the force that stands behind you," Williams said.



Photo by Pfc. Andrew Valles

Members of the 328th Human Resource Company stand at attention during their farewell ceremony held at the James E. Rudder Reserve Center April 11. Guests attending the ceremony include Brig. Gen. Les J. Carroll, commander of the 4th Expeditionary Sustainment Command, Col. Tracy A. Thompson, commander of the 300th Sustainment Brigade, and Lt. Col. Kirk Williams, executive officer of the 300th Special Troop Battalion.

Selective Service expands alternatives for conscientious objectors

By Steve Elliott
FSH Public Affairs

Back in the 1960s and 1970s, compulsory military service — “the draft” — was much more in the forefront of public consciousness. Vietnam War protestors used tactics such as draft card burning, deserting to Canada or even violent civil unrest to get their points across.

While the Selective Service System has been around since 1917 and a draft has been activated and deactivated several times since then, it's been almost 40 years since the last time it was necessary to conscript men between the ages of 18 and 35 into involuntary military service.

And as long as there's been Americans fighting in wars, there have been those who do not object to the idea of serving their country, but do object to the idea of

directly killing another human being or being involved in that act. These conscientious objectors are not cowards, said Selective Service Director Lawrence G. Romo, but are simply opposed to the idea of taking another person's life.

Romo, a San Antonio native, was in town April 20 to sign the agency's first Alternative Service Employer Network agreement in 25 years, expanding options for COs should a military draft ever be reinstated. The agreement is between the Selective Service System and the Mennonite Voluntary Service, an agency of the Mennonite Church USA.

The signing took place at the Mennonite Voluntary Service office

in downtown San Antonio between Romo and Stanley Green, the executive director of the Mennonite Mission Network, and made them the first employer in a quarter of a century to be added to the network. The Mennonite Church USA has followers in 44 states with 109,000 members in almost a thousand congregations.

According to <http://www.peacetheology.org>, members of the Historic Peace Churches, such as Mennonites (including the Amish), Seventh-day Adventist Church, Church of the Brethren and the Religious Society of Friends (Quakers) and others object to war from the conviction that Christian life is incompatible with military action.



Stanley Green, executive director of the Mennonite Mission Network, hands the Alternative Service Employer Network agreement to Selective Service Director Lawrence G. Romo during a signing ceremony at the Mennonite Voluntary Service office in downtown San Antonio April 20.

Photo by Steve Elliott

In addition to the delivery of manpower to the United States armed forces, the second mission of the Selective Service is to arrange

civilian alternative service for conscientious objectors.

“Few people are aware of that second mission, but we take it as

seriously and devote time and resources to ensuring a just and productive

See OBJECTOR P10

Volunteer of the Year Awards acknowledges dedicated, caring people

By Cheryl Harrison

Army Community Service,
Marketing

More than 300 people attended the Volunteer of the Year Recognition ceremony April 15 at the Sam Houston Club to recognize individuals and groups who have gone above and beyond in donating time, dedication and commitment to the community.

The Army Community Service Volunteer Program hosted the awards ceremony, highlighting those who have

given of themselves to undertake a service or duty.

Individual award recipients were presented with a framed rendition of the Fort Sam Houston Quadrangle and clock tower done by a local artist. Recipients of the group awards were given framed artwork of the Combat Medic bronze statue.

"For some of you, your selfless service during duty days isn't enough; a career of services has become a lifetime of service, my heartfelt

thanks to all those who volunteer," said Col. Mary Garr, U.S. Army Garrison commander during the opening ceremonies.

"We honor you today. The millions of dollars worth of volunteer hours doesn't begin to describe the value that you have."

Army Volunteer Corps Coordinator Cynthia Rodriguez and Brooke Army Medical Center Chief of Volunteer Services Jessica Veilleux presented Garr with a symbolic check in the amount of \$7,493,816.25, representing the dollar value of the volunteer service provided to the FSH community.

"As we present these awards, we want to recognize each and every dedicated volunteer for their exceptional contributions to our Army community," said Judith Markelz, Warrior and Family Support Center director and mistress of ceremonies, as individuals accepted their awards.

"These extraordinary individuals' incredible dedication and commit-

ment to helping others is a perfect example of caring for one another," Markelz said.

Individual awards went to: Edward Williams, Warrior and Family Support Center; Roger Hopkins, American Red Cross; Willie Noles, BAMC Retiree Activities Group; Robert "Bob" Bommer, Fisher House; Christen Jensen, BAMC Auxiliary; Masae Grutza, BAMC Department of Ministry and Pastoral Care; Joseph Campbell, BAMC Office of Volunteers; Lolly Orłowski, Retired Officers' Widows Wives Club; Sgt. Anthony Profit, Better Opportunities for Single Soldiers; Carryn Sheehan, Spouses Club; Irene Collier, Military Officers Association of America, Alamo Chapter; Charles Shelby, Army Community Service; Laura Lamoureux, Boy Scout Troop 23 - Adult; Michael Sees, Boy Scout Troop 23 - Youth; Matthew T. Philbrick, IMPACT - Youth; Kazumi Ritter, IMPACT - Adult; Paul Sontag, Keith A. Campbell Memorial



Photo by Cheryl Harrison

Army Volunteer Corps Coordinator Cynthia Rodriguez (right) and Brooke Army Medical Center Chief of Volunteer Services Jessica Veilleux (center) present U.S. Army Garrison commander Col. Mary Garr with a symbolic check in the amount of \$7,493,816.25, representing the dollar value of the volunteer service provided to the Fort Sam Houston community.

Library; Irene Wigginton, FSH Catholic Community; Miki Larvins, FSH Protestant Volunteer; Sgt. 1st Class Melanie Locklear, U.S. Army North - G1; Stephanie Schell, Cole Cougar Pride Club; Jennifer Tucker, Cole Cougar Cub Parent - FSH Faculty; Natalie Fletcher, Cole Cougar Cub Parent - FSH Elementary Parent Teacher Organization; Barbara Matson, Headquarters and Headquarters Detachment Family

Readiness Group Leader, 201st Military Intelligence Battalion; and Angela Burgess, FRG Leader, 14th MI Battalion.

Family awards went to: the Wileys Family, Protestant Family; and the Sees Family, Boy Scout Troop 23.

Group awards were presented to: BOSS volunteers; WFSC volunteers; Fisher House volunteers; Camp Bullis volunteers; Community

See VOLUNTEER P10

KISER from P2

into place by crane.

Each module consists of two sets of living quarters for two students, which includes living areas, walk-in closets and bathrooms, said Randy Holman, program manager for the U.S. Army Corps of Engineers and spokesman for the Joint Program Management Office, which is in charge of the project.

The JPMO is a joint military service entity representing a partnership between the Corps, the Air Force Center for Engineering and the Environment and the Naval Facilities Engineering Command

and is supported by private sector contractors.

"The modular aspect saves a lot of time," said Navy Capt. Lori Frank, action officer for METC.

In the case of the dormitories and the barracks, each module's "footprint" is replicated throughout the building, explained Holman.

"With a common footprint or style to the building and a common floor plan, we have the ability

to modularize each of the components, which dramatically accelerates construction," Holman said. "Ninety-five percent of our program is design build."

Is the modular design as good as a traditional brick-and-mortar build? Frank said yes, citing a hotel in downtown San Antonio built in the 1960s that is still functional and easily maintained.

Edward Martinez, lead construction representative for the U.S. Army Corps of Engineers, said even the furniture was wear tested with rowdy 18 year olds in mind, immersing bed frames, tables and chairs into vats of water for weeks.

"What's neat is about these is how soundproofed they are," Frank said. "I used to come into these [rooms] a lot when they were building them and you could see the construction outside, but you couldn't hear it at all."

Fitting a Navy presence into a traditionally

Army and Air Force town will come with some rough spots.

Kiser related a humorous incident where he and Navy Command Master Chief Carl Morgan, command master chief for Naval Medical Center Portsmouth and Navy Medicine East, were walking near Brooke Army Medical Center.

An Army Sgt. 1st Class was walking toward the admiral and command master chief, but did not recognize their uniforms.

"She said 'I don't know what to do - what are you?'" Kiser related laughing. "The master chief took her aside and gently explained, 'See the star? He's an admiral and you're supposed to salute and stuff.'"

"As we have more of a Navy presence here, I expect that will occur less often," Kiser said.

The cultural aspects in a tri-service environment are also taken under

consideration at METC. Just as the Air Force calls their living quarters "flights," the Navy plans to call theirs "ships," Frank said.

"We're committed to making sure, when our folks leave [METC] - far away from the ocean - that they will not have lost the sense of what it is to be a Sailor," Kiser said. "Sailors will know how to navigate around a ship and interact with the Fleet Marine Force. They will keep doing those things that corpsman are doing."

For information about METC go to <http://www.metc.mil> and for more information about San Antonio Navy Week, log onto <http://www.navy-week.org>. For more news from the Navy Office of Community Outreach, visit <http://www.navy.mil/local/navco>.



Photo by Navy Lt. Dave Hecht

Rear Adm. William R. Kiser, commander of Naval Medicine Center, Portsmouth, Va., speaks before the San Antonio Chamber of Commerce Military Affairs Committee during San Antonio Navy Week. Kiser will be the inaugural commanding officer for the new Medical Education Training Campus at Fort Sam Houston, which will combine medical training for the Navy, Army and Air Force. METC is the largest consolidation of service training in Department of Defense history and will be the world's largest military medical education and training institution. San Antonio Navy Week began April 14 and runs through April 25.

328TH from P4

steps they take to deploy,”

Martin’s mother, Shirley added, “It eases your mind when you see how prepared they get prior to going over there and it makes it easier knowing support is available, not only to him, but to us as well.”

Pre-deployment briefings for Soldiers and their Family members are just one step in the Yellow Ribbon Program that keep Families involved and Soldiers taken care of during deployments.

During each phase of deployment – from pre-deployment to post deployment and civilian reintegration – both the Soldier and Family have tools available to them for any issues that may arise.

The Yellow Ribbon



Photo by Spc. Christopher A. Hernandez

Soldiers of the 328th Human Resources Company and their Family members attend a Battle Mind Ready seminar as part of the Army’s Yellow Ribbon Program at the James E. Rudder Reserve Center April 11.

Program website states, “Families are an integral part of the Yellow Ribbon Program. Family members can assist their service member by helping them to identify what services or benefits may be most appropriate for them and it encourages service members to take advantage of these resources.”

According to Paul

Martin, the Yellow Ribbon Program is an effective tool.

“I think the Army has done a good thing with this program,” said Martin. “They are doing a good job of preparing not only the Soldiers, but their Families and spouses as well.”

As the members of the 328th continue preparations for their upcoming

deployment, they know they have the full support of their Families who await their safe return home.

“This program shows the Family of the Soldier how important their Soldier really is and how they can all come together and take care for each other in such a difficult time,” Martin said.

OBJECTOR from P5

alternative for men sincerely opposed to war," Romo said.

According to the Selective Service website (<http://www.sss.gov>), beliefs which qualify a registrant for CO status may be religious in nature, but don't have to be. Beliefs may be moral or ethical; however, a man's reasons for not wanting to participate in a war must not be based on politics, expediency, or self-interest. In general, the man's lifestyle prior to making his claim must reflect his current claims.

Two types of service are available to conscientious objectors, and the type assigned is determined by the individual's specific beliefs. The person who is opposed to any form of military service will be assigned to

alternative service. The person whose beliefs allow him to serve in the military – but in a non-combatant capacity – will serve in the Armed Forces but will not be assigned training or duties that include using weapons.

"Conscientious objectors have been around since Washington's time," said Cassandra Costley, the alternative service program manager for the Selective Service. "A lot of people in the past thought of COs as cowards, but they weren't. They weren't afraid of getting hurt or killed, they just didn't want to be in the position of killing anyone, whether it was due to personal or religious beliefs."

Fort Sam Houston has played an important part in the history of conscientious objectors. The

Building 600 area, commonly referred to as the "Long Barracks" and now undergoing renovation to house the Army's Mission and Installation Contracting Command in 2011, were once used to house conscientious objectors during the Korean Conflict and Vietnam War eras.

Basic training was six weeks for the COs instead of the usual eight weeks, since it didn't include weapons training. After basic, they would report directly for training to the other side of the post to become Army medics.

COs during that era reported they were well taken care of while at FSH, since the cadre here knew that these men would eventually be tending to injuries to their fellow Soldiers during battle. While they

were housed separately, many COs were highly decorated and two received the Medal of Honor.

Thomas W. Bennett and Joseph Guy LaPointe Jr. became the only conscientious objectors housed at the Long Barracks to earn the Medal of Honor in the Vietnam War, and only the second and third COs in history to be so recognized. (Desmond Doss, a medic in World War II, was the first.) Both Bennett and LaPointe were killed in action in 1969 and posthumously awarded the Medal of Honor.

"Desmond Doss was credited with saving more than 100 lives during WWII and went about it in a quiet and unassuming way," Costley noted. "He actually had to fight the Army to stay in as a CO, and he went out time after time to tend to and save his men, no matter what it took, even if he was hurt himself."

"The work done by COs in prisons and mental hospitals during WWII transformed those insti-

tutions, as the COs brought care and compassion to where there was little of it before," Costley added.

"This is an historic moment," Romo said at the signing. "I'm proud this is the first group we'll be signing an agreement with. This will be a good prototype for agreements we will have with other denominations. It's important we respect other religions, because that is one of the founding principles of our country."

After America's draft ended in 1973, the Selective Service System was maintained in a standby status, just in case a return to conscription became necessary during a crisis, according to the Selective Service website. After March 29, 1975, men no longer had to register and Selective Service was placed in "deep standby." But in 1980, President Jimmy Carter reactivated the registration process for men in response to the Soviet invasion of Afghanistan and in reaction to reports that the standby Selective Service

System might not meet wartime requirements for rapid manpower expansion of the active and reserve forces.

"Although there is no draft, and no likelihood of a draft, the Selective Service has a responsibility to be prepared for every contingency," Romo said.

It is the law that all men living in the United States and U.S. citizens living abroad still must register at 18 with the Selective Service. More than 90 percent of all eligible men are registered. By registering, these young men stay eligible for jobs, college loans and grant, job training, driver's licenses in most states (including Texas) and U.S. citizenship for immigrants.

"We are the insurance policy. We'll have 193 days to get the draft up and running if it's ever utilized," Costley said. "In a democracy like ours, we have to pay attention to the different beliefs of our citizens. We have to perform our second mission with the same zeal we have for our first mission."

VOLUNTEER from P6

Recreation Division, Directorate of Family and Morale, Welfare and Recreation; Boy Scouts Troop 23; and the 14th MI Battalion FRG Team.

A streamer was presented to the Military Officers Association of America, Alamo Chapter,

which has resided at Fort Sam Houston since the chapter's founding in 1958. The streamer signifies the attainment of the Five Star Chapter of Excellence Award for outstanding service to the MOAA national organization and the military community.

The Alamo Chapter is

one of nine chapters in a nationwide network of 410 chapters to receive this award. Retired Air Force Lt. Col. U.S. Edward Marvin accepted the award on behalf of the chapter.

For more information about volunteering, call Cynthia Rodriguez at 221-2611.

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

ARNORTH SOLDIERS 'PUSH' SELVES DURING ANNUAL APFT

Staff Sgt. John Jenkins peers intently at Staff Sgt. Richard Garcia as he knocks out early-morning push-ups April 15 during Headquarters and Headquarters Company, U.S. Army North's semi-annual Army Physical Fitness Test at Fort Sam Houston's MacArthur Parade Field. Jenkins, a native of Ozark, Ala., evaluated Garcia, a native of Chicago, Ill., on his ability to perform push-ups to Army standards. Garcia "pushed" out 77 push-ups in two minutes to achieve the maximum score for his age group. "I probably could have squeezed out one more," Garcia joked afterward. For the

APFT, Soldiers perform as many push-ups as they can in two minutes, followed by as many sit-ups as they can in two minutes, before heading out for a two-mile run, which must be completed within the time allotted for their age groups.



Photos by Staff Sgt. Keith Anderson

Soldiers from HHC, U.S. Army North, launch off from the starting line April 15 to kick off an early morning two-mile run in the rain at the MacArthur Parade Field. The timed two-mile run is part of the semi-annual Army Physical Fitness Test.

Golf tournament helps raise \$1,700 for Army Emergency Relief

By Gregory Ripps

470th MI Brigade Public Affairs

While some golf fans may have been following the Masters Tournament at Augusta National Golf Club April 8, one group of golfers was out on the links in San Antonio to raise funds.

Approximately 70 golfers on 18 teams participated in a tournament sponsored by members of the 470th Military Intelligence Brigade at the Fort Sam Houston Golf Club to benefit the Army Emergency Relief Fund.

Tournament participants put up their cash, not only to cover green fees and golf cart rentals, but also to donate to AER. Donations

totaled \$1,700.

"Because of units such as the 470th, AER can offer financial assistance to those in need," said Ann Mancillas, Army Emergency Relief officer at Fort Sam Houston. "Last year, AER assisted more than 1,160 Families with assistance, ranging from vehicle repair to emergency travel."

AER is an independent, non-profit, charitable organization which provides financial assistance to Soldiers and their Families in emergency situations.

Col. Jim Lee, 470th MI Brigade commander, said brigade members held their first golf tournament in September and plan to hold another one in the fall to benefit



Photo by Gregory Ripps

Col. Jim Lee (second from right), 470th Military Intelligence Brigade commander, presents a check to Ann Mancillas (second from left) and Greta Chaney, both representing Army Emergency Relief Financial Readiness Program on Fort Sam Houston. Brigade members Capt. Michael Ballard (far left) and Command Sgt. Maj. Ronald Mason (far right) assist in the presentation, which took place in the Fort Sam Houston Golf Club April 8. A brigade-sponsored golf tournament raised the \$1,700.

another organization.

The tournaments offer brigade members a

respite from their demanding schedule to provide intelligence sup-

port to U.S. Army commands in various locations around the world.

"We have a lot of fun playing golf, and we support Soldier causes when we do," Lee said.

At the end of the April 8 tournament, Lee presented a check for \$1,700 to representatives of AER. Players were recognized in the following categories:

First-place team: Maj. Guy Wetzels, Chief Warrant Officer 2 Lawrence Mann, Sgt. 1st Class Brian Hankinson and Pfc. Brian Thorne.

Second-place team: Sgt. Jeffrey Ryno, Sgt. Zachary Cunningham, Spc. Edwin Marquez and Dion Zuniga;

Longest Drive (Man): Staff Sgt. Dan Wisner;

Longest Drive

(Woman): Jean Whitlock;

Closest to Pin: Spc. Daniel Faucett.

'Screamfree' author, creator presents marriage, parenting seminars at Fort Sam

By Lori Newman
FSH Public Affairs

The post community was introduced to the concepts of "Screamfree" parenting and marriage April 15 at Army Community Service.

Hal Runkel, licensed marriage and family therapist and founder of the Screamfree Institute, visited Fort Sam Houston to present two seminars titled "Screamfree Parenting" and "Screamfree Marriages" to Soldiers and their Families.

"I knew early on in my career that I wanted to work with more than one family at a time," Runkel said. "I had to come up with a way to present some really life-changing concepts, in a very user-

friendly way.

"I wanted to develop a program that doesn't use any jargon, and doesn't try to educate people as much as it tries to motivate people to do what most people already think is common sense," he added.

The therapist began developing the parenting material in 2005, and published the "Screamfree Parenting" book in 2007. The Screamfree Marriages book will be released in January of 2011.

"What works best in any leadership role is keeping your cool. You want to be respected and followed as a leader, whether you are on the battlefield or in the battlefield of your home, the living room," he said. "The best thing you can



Photo by Lori Newman

Hal Runkel, licensed marriage and family therapist and founder of the Screamfree Institute, presents a "Screamfree" Marriages seminar April 15 at ACS. Runkel has made guest appearances on the Today Show, The 700 Club and The Daily Buzz.

do is keep your cool, no matter what is going on. We always gravitate toward the person who is calm, cool and collected."

"It's our job [as par-

ents] to remain the adult. It's hard, we have to learn to manage our own anxiety," Runkel said.

It's about managing your anxiety for the ben-

efit of the Family, he explained. He said to look at parenting as a leadership role.

"It's not about telling your kids what to do all the time, but highlight the choices they have and what the consequences are for the choices they make," Runkel noted.

Runkel uses the same concepts in "Screamfree Marriages."

"It's not about keeping the peace at all costs," he said. "It's about willingly entering into the fires of conflict with your spouse and learning to represent yourself.

"Marriage invites conflict because two different people are trying to come together to create one Family. You cannot avoid conflict that way," he said. "If you learn to

embrace it, grow yourself as an individual and work through it, amazing things can happen."

Runkel also conducted a two-day train-the-trainer course on the "Screamfree Parenting" concept for 20 Family Advocacy Program educators, Exceptional Family Member Program staff and Child & Youth Services staff from Fort Sam Houston and Randolph and Lackland Air Force Bases, along with social workers from Brooke Army Medical Center.

The next "Screamfree Parenting" class, presented by the New Parent Support Program facilitator, will be held May 1 from 9 a.m. to 3 p.m. at ACS. For more information, call 221-0349 or 221-0657.

2010 FIESTA IN FORT SAM



Photo by Sgt. Keith Anderson
Lt. Gen. Rick Lynch, commanding general of Installation Management Command, presents the Commander's Award for Public Service to Texas Cavaliers Nicholas Campbell, King Antonio LXXXVIII, for the Cavaliers support and contributions to the military community and children's organizations.



Photo by Sgt. Keith Anderson
Lt. Gen. Guy Swan III, commander, Army North, presents the Commander's Award for Public Service to Mary Beja, San Antonio Fiesta Commission president, for her support of the military and civilian communities.



Photo by Sgt. Keith Anderson
Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center & School, presents the Commander's Award for Public Service to Walter Serna, El Rey Feo LXII, for his support of the military community and the education of the youth of San Antonio.



Photo by Esther Garcia
Members of the Ballet Folklorico del Cielo, wearing traditional folkloric dresses in various bright colors, perform dances that represent Latin countries.



Photo by Sylvia Johnson
Soldiers enjoy a variety of food and drinks at the Fort Sam Houston Fiesta & Fireworks Extravaganza.



Photo by Esther Garcia
The Naval Academy Electric Brigade Band from Annapolis, Md., rocks the house with their high energy performance at the Fort Sam Houston Fiesta & Fireworks Extravaganza performing songs such as "Thriller" by Michael Jackson.



Photo by Arwen Consaul
Air Force Tech Sgt. Gerardo Jaime, Army South, explains the Army South mission and equipment on display.



Photo by Sgt. Keith Anderson
Col. Randall Anderson, commander, 32nd Medical Brigade, salutes as he presents the colors led by the 3rd Infantry Continental Color Guard during the military ceremony at MacArthur Pavilion.



Photo by Sylvia Johnson
More than 20,000 people found something to do at Fort Sam Houston Fiesta & Fireworks Extravaganza that included carnival rides, military static displays, games, a military ceremony, pizza eating contest, live entertainment and prizes, which included a 2009 Honda Civic from Benson-Honda.



Photo by Esther Garcia
The Air Force Honor Guard Drill Team, the Air Force's premier drill demonstration team, thrills the crowd at Fort Sam Houston performing complex rifle maneuvers in close-order drill sequences with M-1 rifles and fixed bayonets.

What the new Credit Card Act means to consumers, card holders

By Boryana Chapman
ACS Financial Readiness
Program

When the Credit Card Accountability, Responsibility and Disclosure Act was signed into law last year, it created numerous protections for consumers. But with the new law, there are also pitfalls.

According to <http://www.creditcards.com>, millions of credit card users will now avoid retroactive interest rate increases on existing

card balances and have more time to pay their monthly bills, greater advance notice of changes in credit card terms and the right to opt out of significant changes in terms on their accounts.

One positive change is that rate increases are not permitted on existing balances unless a promotional rate has expired, the variable indexed rate increased, or payment is late by 60 days or more.

Under the Credit

CARD Act, fees are limited.

For example, consumers would have to opt in to over-the-limit fees, also credit card companies cannot charge you a fee no matter how you pay your bill – whether by phone, electronic transfer or mail – unless it is an expedited payment.

However, some traditional fees are being increased and new ones created.

Before the act went into effect, most banks

were charging three percent of the balance as a balance transfer fee. More companies are charging annual fees and some even charge inactivity fees just for consumers having their cards.

According to the act, cardholders who pay more than the minimum monthly payment due would have the surplus applied to the highest interest balance first.

When it comes to reward points programs, the companies are not

playing so fair.

Credit card companies are discontinuing rewards programs altogether or forcing customers to switch to a less generous program by charging them annual fees.

Credit education is another part of the Credit CARD Act of 2009, as it strictly limits how credit cards are marketed to college students. It also requires several federal agencies to study what federal financial and economic literacy

programs are available for children in kindergarten through 12th grade and adults, especially people who are low- and moderate-income.

The act also includes language intended to relieve a burden on those administering the estate of someone who has passed away by requiring speedy settlement of credit card debt and limiting fees and penalties.

(Steve Elliott contributed to this story)



Photo by Steve Elliott

The commander of the U.S. Army Environmental Command, Col. Maria R. Gervais, presents Lt. Gen. Rick Lynch with a crepe myrtle tree as part of an Earth Day recognition ceremony after the groundbreaking.

IMCOM from P1

Arlington, Va., while the USAEC is coming in from the Aberdeen Proving Ground in Maryland and the FMWR Command is relocating from Alexandria, Va.

“To bring this organization from the Washington, D.C. area to San Antonio is a blessing for lots of reasons,” said Lt. Gen. Rick Lynch, commanding general of IMCOM and assistant chief of staff for Installation Management during the ceremony.

“It’s not going to be just one building, but six buildings encompassing 444,000 square feet of office space to house our IMCOM Soldiers and civilians who do such great work on a daily basis. It’s a big deal for us to come join Military City USA and we are

proud of that fact.”

In all, four buildings are under complete renovation, one is getting an addition and two are being built from the ground up. Meanwhile, more than 2,400 people will be moving into new offices during the next two years.

“What’s most important about the mission of IMCOM is to ensure our Soldiers, our civilians and their Families have a quality of life that’s commensurate with their quality of service,” the general said. “Our Soldiers are fighting and winning our nation’s wars in combat, and we in IMCOM focus on the Families so the Soldiers forward deployed can focus on the fight.”

After the groundbreaking, USAEC Commander Col. Maria R. Gervais oversaw a

Earth Day recognition ceremony.

“Earth Day began on April 22, 1970, as a grassroots effort to teach the public about environmental stewardship, and create awareness on how fragile our environment and bring environmental issues to the forefront of American society,” Gervais said. “On April 22, the U.S. Army joins the nation in celebrating the 40th anniversary of Earth Day. This provides the Army with the opportunity to reassert our commitment to environmental sustainability, which is critical to protecting the Earth, protecting lives and ensuring mission readiness of the Army.

“Although the Army celebrates Earth Day in April, we practice sound environmental principles

every day,” the colonel added. “We have an environmental stewardship obligation to meet, while at the same time ensuring our Soldiers are prepared to complete their mission. The Army leads the Department of Defense and the federal government in stewardship of environmental resources. We understand that taking care of the environment is everybody’s job.”

The colonel then presented the general with a crepe myrtle tree in honor of Earth Day and the command’s move to Fort Sam Houston.

“We are indeed stewards of our environment,” Lynch said. “That’s part of what we do, so it’s only appropriate to recognize that we have – and will fulfill – that requirement.”

Cole sixth-grade students celebrate Earth Day

By Jayne Hatton

Fort Sam Houston ISD

Sixth-grade students from Robert G. Cole Middle School celebrated the 40th anniversary of Earth Day April 14 with the planting of two drought-resistant Redbud trees.

Sixth-grade reading teacher Mary Borden formed the Cole Middle School Recycle Club at the interest of students. During club meetings, students generate ideas, and discuss and agree on recycling and Earth Day activities.

“As the Environmental Management System Program Manager, Kristen Lynch has been instrumental in the celebration of Earth Day at the Cole Middle School



campus,” said Borden, the Recycle Club coordinator. “She also gave the students new ideas and suggestions for recycling and conservation.”

“We are excited to partner with the school district and look forward to future opportunities

where we focus on recycling and Earth Day initiatives,” Lynch said of the event.

Fort Sam Houston Garrison Commander Col. Mary Garr spoke to the students as the trees were planted near the front entrance to the

Cole Middle School student Chase Miller joins teacher Mary Borden, Cole principal Isabell Clayton, FSHISD Superintendent Dr. Gail Siller and Garrison Commander Col. Mary Garr at the Earth Day tree planting ceremony.

Courtesy photo

middle school building. A stone commemorates the 2010 Earth Day event and serves as a reminder for students to make decisions that benefit everyone on our planet. Garr spoke to students

See COLE P23

FSH INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES APRIL 26-MAY 1

Fort Sam Houston Elementary School April 27

FSHISD School Board meeting in the Professional Development Center, 11 a.m.
Student Council meeting, 3-4:30 p.m.

April 28

Third and fourth grade TAKS Reading

April 29

Fifth grade TAKS Science

April 30

Fifth grade TAKS LAT Science
Mrs. Dryden's Class Field Trip to McDonald's and HEB, 11 a.m.-2 p.m.

Robert G. Cole Middle and High School

April 26

Student of the month breakfast in middle school conference room, 8:30 a.m.
Sixth, seventh and 10th grade TAKS LAT Math

April 27

Sixth, seventh and eighth grade TAKS LAT Reading
Sixth, seventh and 10th grade TAKS Math
12th grade TAKS Exit Level ELA retest
FSHISD School Board meeting in Professional Development Center, 11 a.m.

Middle School play rehearsal in fine arts building, 4-4:30 p.m.

April 28

6th, 7th, and 8th grade TAKS LAT Reading
6th and 7th grade TAKS Reading
8th grade TAKS Reading retest
11th grade TAKS Exit Level Math
12th grade TAKS Exit Level Math retest
Middle School play rehearsal in fine arts building, 4 to 4:30 pm

April 29

8th, 10th, and 11th grade TAKS Science
9th grade TAKS Math
12th grade Exit Level Science retest
Middle School play rehearsal in fine arts building, 4 to 4:30 pm

April 30

Eighth, 10th and 11th grade TAKS Social Studies
Eighth and 10th grade TAKS LAT Science
Middle School play rehearsal in fine arts building

May 1

JROTC participating in Komen Race for the Cure at the Alamodome, 5:15 a.m.-noon
Cole Junior/Senior Prom at San Antonio Botanical Gardens, 8 a.m.-noon



Announcements

Harlequin Dinner Theatre

"The Dixie Swim Club," a comedy about lasting friendships by Jessie Jones, Nicholas Hope and Jamie Wooten, April 22-May 29 at the Harlequin Dinner Theatre, Building 2652 on Harney Road. Tickets are \$29/Thursdays and \$32/Fridays and Saturdays, military members and students \$26/Thursdays and \$29/Fridays and Saturdays. The house opens for the salad bar and cocktails at 6:15 p.m., buffet, 6:30 to 7:30 p.m., and the show begins at 8 p.m. The box office is open noon-5 p.m., Tuesday-Friday and 1-5 p.m., Saturdays. Call 222-9694.

Calendar of Events

April 22

Nurturing Parenting - Early Childhood

The class will be held 11 a.m.-1 p.m. at Dodd field Chapel, Building 1721. This eight-week class is for both parents and children to increase empathy, encourage appropriate behaviors, build self-esteem, and have fun as a Family. Child care is provided. Call 221-0349.

EFMP Legal Issues

The Exceptional Family Member Program will hold a class on "Legal issues and steps to care for your EFM's future," from 1:30-3:30 p.m. at Army Community Service, Building 2797, Training Room 1. An attorney from Judge Advocate General Office will answer questions about how special needs trusts can affect social security or Medicaid and many other subjects concerning an EFM Family members. To register, call 221-0285/2418.

MWR Cash and Carry Sale

Morale, Welfare and Recreation will hold a cash and carry sale 9 a.m.-3 p.m. in Building 4192, Bay A. Items include: TVs, desks, computers, chairs, stove, oven, large refrigerators, large and small shelves, exercise equipment, tables, fry station, and other miscellaneous items. Items may be purchased on a first-come first-served basis, all sales are final. All property is sold "as is" and must be removed at the time of sale. Accepted payment is cash and personal checks with a picture I.D. Call 221-4449.

Couples Enrichment

The three-session class will be held April 22, 29 and May 6, 5:30-7 p.m. at Army Community Service, Building 2797. To register, call 221-0349/2418.

April 23

Battlemind Pre-Training for Families

The class will be held 2:30-4:30

p.m. at Army Community Service, Building 2797. To register, call 221-1829/2705.

Building Effective Anger Management Skills

The class will be held 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This six-part series helps to identify strategies to more effectively handle anger, resentment and frustration in your personal and professional life. To register, call 221-0349/2418.

Movie Night at the Flagpole

"Band Slam" will be shown at 8 p.m. at the main post flagpole. Bring the kids, a blanket and lawn chairs. Popcorn, snow cones and cotton candy will be provided. Call 221-2418/2705.

April 24 5K Run/Walk Against Violence

The walk begins at 8 a.m. at the Jimmy Brought Fitness Center. Call 221-2418.

Movie Night at Dodd Field

"The Princess and the Frog" will be shown at 8 p.m. at Dodd Field. Bring the kids, a blanket and the lawn chairs, popcorn, snow cones and cotton candy will be provided. Call 221-2418/2705.

April 26

Unit Trauma Training

The training will be held 9 a.m.-2 p.m. at Army Community Service, Building 2797. The intent

of this training is to assist unit leadership, Family Readiness Group leaders, care teams, notification officers and community agencies learn how to help Soldiers, Families and the unit when trauma events occur. To register, call 221-1829/2705.

Consumer Awareness

The class will be held 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

April 27

Family Readiness Group Leadership Academy

The training will be held April 27-28, 8 a.m.-4 p.m. at Army Community Service, Building 2797. To register, call 221-1829/2705.

Microsoft Excel Level 1

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518.

Newcomers' Extravaganza

The extravaganza will be held 9:30-11:30 a.m. at the Sam Houston Club. Newcomers' Extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. Learn about Fort Sam Houston and the San Antonio and meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

Women Encouraging Women

The discussion, "Advocating for your Special Needs Child," will be held noon-1 p.m. at Army Community Service, Building 2797. Call 221-0349/2418.

Mandatory First PCS Move

The class will be held 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

April 28

Microsoft Excel Level 2

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Some basic computer skills, completion of Excel Level 1 and registration required. Call 221-2518.

Lunchtime Movie "Mommie Dearest"

The movie "Mommie Dearest" will be shown 11 a.m.-1 p.m. at Army Community Service, Building 2797. Call 221-0349/2418.

Mandatory Initial First Term Financial Readiness

The class will be held at noon at the Education Center, Building 2248. To register, call 221-1612.

New Parent Support Program Orientation

The class will be held 2-3:30 p.m. at Army Community Service to introduce new parents to the New Parent Support Program. To register, call 221-0349/0860.

Deployed Parenting

The class will be held 4-5:30 p.m. at Army Community Service, Building 2797. This class will focus on the emotional challenges and transitions of military members through the deployment cycle. To register, call 221-0349/2418.

April 30

Operation Baby Shower

The Family Advocacy Program will hold the Second Annual Operation Baby Shower 2-6 p.m. at Army Community Service, Building 2797. This free event is for expecting parents as well as with children under 1 year old. This fun-filled event includes baby gifts, parenting information, demonstrations and games. Open to all I.D. card holders, registration is requested. To register, visit <http://operationbabyshower2010.wufoo.com/forms/operation-baby-shower-2010/>. Call 221-0349/2418.

May 1

Post-Wide Garage Sale

The post-wide garage sale will be held 7 a.m.-1 p.m. Items will be sold from individual homes as well as the MacArthur Parade Field parking lot at Worth and Stanley Rd. All sellers must register before April 29 through the MWR Outdoor Recreation Equipment Center. Participants may rent tables and chairs from the Outdoor Equipment Center on a first-come, first-served basis. To register, call 221-5224/5225.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – April 23

Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, barbecued spareribs, mustard-dill baked fish, grilled chicken breast with sautéed onions, new potatoes, macaroni and cheese, green beans, fried cabbage with bacon

Dinner – 5 to 7 p.m.

Meat loaf, fried chicken, cheese tortellini, tuna and noodles casserole, steamed rice, mashed potatoes, glazed carrots, LA-style smothered squash, green peas

Saturday – April 24

Lunch – noon to 1:30 p.m.

Roast pork, lemon-garlic baked fish, spaghetti with meat sauce, cheese manicotti, breaded pork fritters, mashed potatoes, rice pilaf, baked potatoes, asparagus, French-fried okra, lima beans

Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, breaded veal steaks, baked chicken, mushroom quiche, cottage fried potatoes, steamed rice, baked potatoes, peas and carrots, southern-style turnip greens, cauliflower combo

Sunday – April 25

Lunch – noon to 1:30 p.m.

Swiss steaks with brown gravy, rotini noodles with marinara sauce, chicken fajitas, grilled pork chops with orange sauce, Spanish rice, mashed potatoes, steamed rice, okra and tomato gumbo, lima beans, wax beans with pimentos

Dinner – 5 to 6:30 p.m.

Chili macaroni, salmon croquettes, herbed Cornish hens, cheese ravioli, baked ham, macaroni and tomatoes, baked potatoes, wild rice, rissole potatoes, broccoli, corn, Harvard beets

Monday – April 26

Lunch – 11 a.m. to 1 p.m.

Jerky-style chicken, shrimp scampi, cheese manicotti, baked ham with raisin sauce, chicken stir fry, baked sweet potatoes, steamed rice, fettuccine Alfredo, lyonnaised green beans, cauliflower polonaise, French-fried okra

Dinner – 5 to 6:30 p.m.

Turkey stuffed bell peppers, beef lasagna, vegetable three-cheese lasagna, cranberry-glazed chicken breast, breaded pork fritters, O'Brien

potatoes, baked potatoes, lyonnaise rice, mixed vegetables, collard greens, asparagus

Tuesday – April 27

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, grilled tuna patties, spaghetti and meat sauce, grilled liver and onions, fried catfish, baked macaroni and cheese, oven-roasted potatoes, Spanish rice, steamed rice, Spanish-style beans, Mexican corn, fried cabbage, steamed cabbage

Dinner – 5 to 7 p.m.

Cheese enchiladas, meat loaf, fiesta chicken and rice, beef yakisoba, salmon croquettes, refried beans with cheese, lyonnaised potatoes, baked potatoes, baked egg noodles and cheese, spinach, lima beans, glazed carrots

Wednesday – April 28

Lunch – 11 a.m. to 1 p.m.

Stuffed cabbage rolls, roast turkey, veal parmesan steaks, blackened catfish, cheese manicotti, cornbread dressing, mashed potatoes, parsley-buttered potatoes, rice pilaf, Calabasita squash, Brussels sprouts polonaise, wax beans

with pimentos

Dinner – 5 to 7 p.m.

Braised beef and noodles, roast pork, barbecued chicken, mushroom quiche, country fried steaks, scalloped potatoes, steamed rice, baked potatoes, asparagus, green peas and carrots, Harvard beets

Thursday – April 29

Lunch – 11 a.m. to 1 p.m.

Pork chop suey, barbecued spareribs, Swedish meatballs, cranberry-glazed chicken breast, broccoli quiche, au gratin potatoes, steamed rice, fried rice, Japanese stir-fry vegetables, collard greens, corn on the cob, green beans with mushrooms

Dinner – 5 to 7 p.m.

Szechwan chicken, ginger pot roast, baked kielbasa sausage, lemon-baked fish, cheese ravioli, fried rice, mashed potatoes, baked potatoes, steamed rice, stewed tomatoes, yellow squash, mixed vegetables

Menus are subject to change without notice

REMINDER CALENDAR

April 23	Battle of Flowers Parade
April 23	Outdoor Movie Night, "Band Slam," sunset, main post flagpole
April 24	5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
April 24	Outdoor Movie Night, "The Princess and the Frog," Dodd Field
April 25	All Veterans Memorial Service, 1-2 p.m. Veterans Square
April 26	502nd ABW Activation Ceremony, 9 a.m., MacArthur Parade Field
April 27	FSH Newcomers Extravaganza, 9:30-11:30 a.m., Sam Houston Club
April 29	Consolidated Monthly Retirement Ceremony, 7:45 a.m., main post flagpole
April 29	Mayors Meeting, 10:30-11:30 a.m., Main Resident Center, 407 Dickman
April 30	Change of Command and Retirement Ceremony for Maj. Gen. Russell Czerw, 8 a.m., MacArthur Parade Field



Announcements

Free Summer Camp for Military Kids

The National Military Family Association's Operation Purple camps offer a free week of fun for military children with parents who have been, are currently, or will be deployed. Blue Streak Stables in Seguin, will hold a camp for girls July 25-30. For registration information or additional dates visit <http://www.MilitaryFamily.org>.

Race for the Cure

To register or support the Fort Sam Houston team participating in the 2010 Susan G. Komen Race for the Cure in San Antonio, May 1 visit <http://www.komensanantonio.org/>.

Cloverleaf Communicators

The club meets the first and third Thursday of each month, 11:45 a.m.-1 p.m. at Fort Sam Houston San Antonio Credit Union conference room, 2250 Stanley Road. Membership is open to anyone who wants to enhance his or her communications and leadership skills. Call 221-7943/8785.

Basic Motorcycle Rider Course Available

A basic motorcycle rider course is available, at no charge, to service

members who would like to learn how to ride. Visit the Installation Army Traffic Safety Training Program website at <https://airs.lmi.org> (Region=West; Garrison=Fort Sam Houston; Courses=(applicable course)) or call 221-3846.

Volunteers Needed

The American Red Cross office, Building 2650, at the corner of Patch and Harney roads, seeks volunteers to do filing, mailings, answering the telephone, and other duties. Caremobile drivers also needed. Call 221-3355.

Cloverleaf Communicators

The club meets the first and third Thursday, 11:45 a.m.-1 p.m., at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members. Call 221-8785, 221-6517 or 916-3406.

Puppy Program Seeking Foster Families

The Department of Defense Military Working Dog Puppy Program is seeking Families who have time and patience to foster a Belgian Malinois puppy from 12 weeks to six months of age and can provide a stimulating and safe environment. Puppies are required to come back to Lackland once a month for vaccinations and evaluations. All of the supplies are provided through the program including crate, food and toys. Contact 341trspp@lackland.af.mil.

Calendar of Events

April 24

Salado Creekway Park Walk

The Selma Pathfinders volk-march club will host a 5k and 10k walk at the Salado Creekway Park starting at the Jourdanton State Bank, 13333 Blanco Road. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 496-1402 or visit <http://www.selmapathfinders.com>.

April 30

Free Family Movie Night

Victory Worship Center Church will host a Family movie night from 7-11 p.m. at the church campus, 8373 Culebra Road, Suite 101. The event is free and open to the public, includes food, games, and door prizes. The family-rated movies will begin at 7:30 p.m. Bring a game, lawn chair or blanket. Call 647-8920.

May 1

Babysitting Classes

A two day course will be held May 1 and 8, 9 a.m.-4 p.m. at the Red Cross, Building 2650. Cost is \$20, special price for FSH only. To register, call 582-1931.

May 7

Leadership Simulcast Training

A one-day leadership simulcast training will be held 7 a.m.-3 p.m. at the Lackland Gateway Club. The simulcast provides leadership advice for creative problem solving, best practices for creating strong team cultures and advice for avoiding, detecting and reversing decline. Simulcast speakers include Tony Dungy, former NFL coach, and authors Jim Collins and John Maxwell. Open to all DoD employees. Cost is \$25. Call 671-7187.

MAY 16

For the Soldier Golf Tournament

Association of the United States Army, Alamo Chapter will sponsor a "For the Soldier" Golf Tournament 1 p.m. at the Fort Sam Houston Golf Course. Sign up as a team or individually at <http://www.alamochapter-ausa.org> or pick up a registration form at the Fort Sam Houston Golf Course Pro Shop. Call 383-2728.



For Sale: New carpet and pad, light tan, 13.2 feet by 11.4 feet with 28-inch corner cut off, \$50. Removed from one room in new house. Call 254-9262.

For Sale: Broyhill wood entertainment center, \$500 obo; Broyhill dining room set includes four chairs, two arm chairs at two-piece china cabinet, \$500; glass-top dinette with stainless steel base, four chairs and matching wine rack, \$100; glass-top coffee table

and matching end tables with stainless steel base, \$50. Call 817-205-1976.

For Sale: Pink travel system, stroller and car seat, \$75; white portable crib with mattress and other accessories, \$75; metal black pearl entertainment center, \$25. Call 602-1044.

For Sale: Dining room set - table with leaf, six chairs and china cabinet, \$400; sofa and loveseat with throw pillows, \$275; antique china closet, \$200; Nordic Track Pro, \$100. Call 590-4971.

For Sale: Get Back to Life back machine, visit <http://www.get-back2life.com> for information, original shipping box, DVD, head support pillow, ankle weights and device, only a couple months old,

original price \$200, asking \$50. Call 771-7480.

For Sale: 1992 Ford Econoline E-150 custom conversion van, loaded, rust prevention, new alternator, good tires, "as-is," can be seen at the Lemon Lot, \$1,400 cash firm; entertainment center, room for multiple components, glass doors, two storage drawers and cabinet with double doors under television, dark cherry finish, \$50; or with analog TV, \$100. Call 659-6741.

Free to Good Home: Male pit bull, approximately 5 years old, great temperament. Call 219-4654.

Yard Sale: Multi-family yard sale, May 1, 7:30 a.m.-1 p.m. at 513 Dickman, Fort Sam Houston.



Religious Briefs

PWOC Weekly Bible Studies

Protestant Women of the Chapel will hold weekly morning Bible study Wednesdays, 9:30-11:30 a.m. and an evening study Thursdays, 6:30-8 p.m. at Dodd Field Chapel, 1721 Dodd Ave. There are seven different Book Studies available. The studies are innovative, interactive and taught by spirit-led women. The chapel provides free child-care for children up to 5 years old and a home school facilitator during PWOC. All children must be registered with the Child Development Center. Call 863-6361 or e-mail samhouston@pwoc.org.

COLE from P19

about making a difference in their community and shared how the idea of one man 40 years ago resulted in the creation of Earth Day.

"Each student has the ability and responsibility to protect and conserve our environment," said Dr. Gail Siller, FSHISD superintendent. "Our students have shown their local commitment to

their global community and we look forward to supporting their future efforts."

Madelyn Bishop from the Cole Recycle Club also spoke about encouraging environmental awareness.

Members of the Recycle Club are: Connor Barr, Tiara Beverly, Madelyn Bishop, Tae Gallegos, Steven Lamoureux, Olivia Lougee, Kristine Lovrien,

Chase Miller, Dani Riedlova, Mariah Rogers, Mercy Sherbourne and Kina Wong.

"We want to recycle items and do things for our community," Riedlova said. "Mr. Thomas P. Gayer-Brindisi from the Fort Sam Houston Qualified Recycling Program helped us with paper bins and battery containers. We really appreciate his help in cleaning up

our environment."

The FHISD would also like to thank the following people who helped to make the event possible: the DPW Environmental Staff; Michael J. Grizer, DPW Director; James H. Graham, Chief, DPW Environmental Division; the DPW Roads and Grounds Crew and Cole Middle School Administration.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. -

Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays